



## **Anne Gordon Center for Active Adults at Millbrook Exchange** **Education and Health Programs**

### **Local Gardening**

Your garden can be beautiful while providing habitat for birds and insects. Learn which native plants will grow best in your Raleigh yard and how to care for them. We'll also talk about the best plants to be grown in containers. Then find out how to prepare your garden and potted plants for winter. Pre-registration is required four days prior to the program.

#129937	Tuesday, October 9	10:15 AM-11:30AM	Class Fee:\$3
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### **Resources for Seniors - Flu/Pneumonia Vaccinations**

Provided by Resources for Seniors and Maxim Health. Receiving a flu shot is the single best way to prevent the flu each year. Maxim will be accepting Medicare Part B and various other health insurances with no co-pay. Those without an accepted insurance will pay \$30 (cash or check). Appointments are required in advance with RFS

#127308	Thursday, October 11	10 AM-1:00 PM	Class Fee:\$30
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### **Resources for Seniors - 10 Tips for Successful Aging**

Presented by Connected Care. Successful aging is aging well. Learn ways to enhance and enjoy the journey of aging. There are proven tips that when followed help older adults live very active and healthy lives. There are things each of us can do to ensure we live longer, healthier and more productive lives. Pre-registration is required with RFS 919-996-4738.

#127321	Thursday, Nov 15	10:00 AM-11:30 AM	Class Fee: \$0
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### **Resources for Seniors - Living Healthy with Diabetes**

Diabetes Self-Management Program's goal is to enable participants to build self-confidence to assume a major role in maintaining their health and managing their chronic health conditions relating to diabetes. We discuss the following: What is Diabetes, Monitoring, Formula for a Healthy Eating Plan, Preventing Low Blood Sugar, Hypoglycemia, Planning Low Fat Meals, Reading Nutrition Labels, Strategies for Sick Days, Foot Care, and more. Pre-registration is required with RFS at 919-996-4738.

#127315	Wednesdays, October 17-31	1:00 PM-3:30 PM	Class Fee:\$0
#127425	Wednesdays, November 7-21	1:00 PM-3:30 PM	Class Fee:\$0

### **Resources for Seniors - Blood Pressure Screenings**

Take advantage of these FREE Blood Pressure Screenings. These screenings are offered by Dr. Casey Baldwin with Resources for Seniors and Sunnybrook Healthcare. Pre-registration is required with RFS 919-996-4738.

#127126	Wednesday, September 26	9:30 AM-12:00 PM	Class Fee:\$0
#127131	Wednesday, October 3	9:30 AM-12:00 PM	Class Fee:\$0
#127132	Wednesday, October 24	9:30 AM-12:00 PM	Class Fee:\$0
#127133	Wednesday, November 7	9:30 AM-12:00 PM	Class Fee:\$0
#127134	Wednesday, November 28	9:30 AM-12:00 PM	Class Fee:\$0
#127135	Wednesday, December 5	9:30 AM-12:00 PM	Class Fee:\$0

*See additional pages for more programs....*



### **Estate Planning 101**

This workshop will help participants understand the basics of estate planning, including: what to look for when selecting an estate planning attorney; how to protect assets from the damaging cost of long-term care; and how to structure your estate plan. Instructor: Dori Wiggen, Wiggen Law Group

#130651	Thursdays, October 25	11:00 AM-12:30 PM	Class Fee:\$0
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### **Resources for Seniors - Life Connections**

Would you enjoy a great time of laughter and sharing your stories of life's adventures? If so, you have to join us!!! Join Dot Murray, with Heartland, on the 3rd Wednesday of each month. Come gather with us for a special time of fellowship and sharing. This is a great group in particular for those dealing with a loss---maybe experiencing grief. Pre-registration is required with RFS 919-996-4738.

#127295	Thursday, November 15	2:00 PM-3:30 PM	Class Fee:\$0
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### **Resources for Seniors - Enjoying Healthy Eating**

As people age and change, so do their nutritional needs. Keeping properly fed and healthy makes a real difference in your quality of life. Learn easy ways to improve your nutrition and quality of life on a daily basis. Presented by Comfort Keepers. Pre-registration is required with RFS 919-996-4738.

#127322	Wednesday, December 19	2:00 PM-3:30 PM	Class Fee:\$0
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### **Resources for Seniors - Hearing Screenings**

Resources for Seniors and Beltone Hearing Care Centers will be offering FREE Hearing Screenings. The screening lets you know if your hearing falls within normal hearing range. In addition to the screening, come and see what the inside of your ears look like. See what the professionals see when they look in your ears! Pre-appointment times are required with RFS 919-996-4738.

#127305	Thursday, September 13	1:00 PM-3:00 PM	Class Fee:\$0
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### **Resources for Seniors - Holiday Coping Strategies**

Come and learn how to make your holiday successful and enjoyable for the entire family, caregivers included. The holidays can be a stressful time for everyone, especially caregivers who are concerned about not only themselves, but those they are providing care for. We have been there and understand. We have some holiday strategies that will work for you. Pre-registration is required with RFS 919-996-4738.

#127319	Thursday, December 13	10:00 AM-11:30 AM	Class Fee:\$0
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### **Resources for Seniors - How Can You Prevent Falls?**

Learn simple ways to stay safe at home, learn about the systems of balance and how to prevent falls that can lead to fractures and broken bones. Program presented by Gentiva Home Health. Pre-registration is required with RFS 919-996-4738.

#127143	Thursday, September 27	10:00 AM-11:30 AM	Class Fee:\$0
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### **WakeNet Village Seminars**

Learn about WakeNet Village, a new program designed to help seniors stay at home as they age. Discussion topics include maintaining independence at home, connecting with other seniors in your community, and what retirement community options are available in the Raleigh area. Instructor: Betsy Phillips

#129553	Thursday, September 13	10:00 AM-11:30 AM	Class Fee:\$0
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### **Living for Today How Can I Remain Ageless?**

We need to value our wisdom and experiences maintaining high self-expectations regarding how fulfilling life can be at any point in time if we pay attention to our levels of activity, nutrition, sleep and social life. This on-going class will provide how one may modify their thinking and way of life to enjoy agelessness. Instructor: Nancy Davidson, PT, Lac

#132183	Thursday, November 1	5:00 PM-6:30 PM	Class Fee: \$5
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#132350	Thursday, November 15	5:00 PM-6:30 PM	Class Fee: \$5
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### **ThirdEd Class - Comparative Religions of the World**

Explores the history, mythology, ritual and theology of the so-called 'world religions'. Each class will consist of a lecture and a question-and-answer period, with the last class being a panel discussion featuring representatives from local religious communities. Instructor: Dr. Brian Collins  
#130460                      Tuesdays, September 11-October 16                      11:00 AM-12:00 PM                      Class Fee:\$45

### **ThirdEd Class - French for Travelers**

This conversational style of instruction immerses you in your new language. The instructor will dedicate part of the class to give you firsthand information about the French customs and culture you will encounter. Cost of the bilingual books is extra.  
#130647                      Thursdays, November 1-December 13                      1:30 PM-3:00 PM                      Class Fee:\$70

### **ThirdEd Class - Getting to Know Your iPad**

This is a two-part training session that explores the basics of using an Apple iPad. The instructor will ensure you are comfortable and knowledgeable on how to use your iPad. Unique settings and productivity tools will be covered, participant will examine useful applications and learn how to download them. Participants are encouraged to create an iTunes account prior to coming to class.  
Instructor: Lorraine Stephens  
#132167                      Thursdays, September 20-October 4                      3:00 PM-5:00 PM                      Class Fee: \$45

### **ThirdEd Class - Tapping Into Your Family Roots**

Become equipped with the tools necessary to embark on your own personal discovery of your family's history. This course explains how to use both familiar and lesser-known documents and resources that can reveal various aspects of your family's unique history. Instructor: Beverly Burnette  
#130461                      Wednesdays, September 12-October 17                      2:00 PM-3:30 PM                      Class Fee:\$45

### **Resources for Seniors - Humor and Aging**

Come discover how laughter really is the best medicine! Research shows that humor and laughter play a very important role in how a person ages. Laughter not only helps us keep things in perspective, but there are actual physical, social, and psychological benefits that occur when we laugh. We all face challenges as we age and experience the aging of loved ones, discover how humor can help you cope along the way. Presented by Connected Care. Pre-registration is required with RFS 919-996-4738.  
#127320                      Thursday, October 18                      10:00 AM-11:30 AM                      Class Fee:\$0

### **Resources for Seniors - Medication Check**

Medication Check with RFS Pharmacist, Dr. Baldwin. Bring all of your prescriptions and over the counter medications along with any supplements for an individual medication check. Dr. Baldwin and her pharmacy students will check for any potential drug interactions or concerns you may have. They will review all of your medications and answer any questions about your medicines. Pre-appointment times are required with RFS 919-996-4738.  
#127310                      Thursday, September 6                      10:00 AM-12:00 PM                      Class Fee:\$0